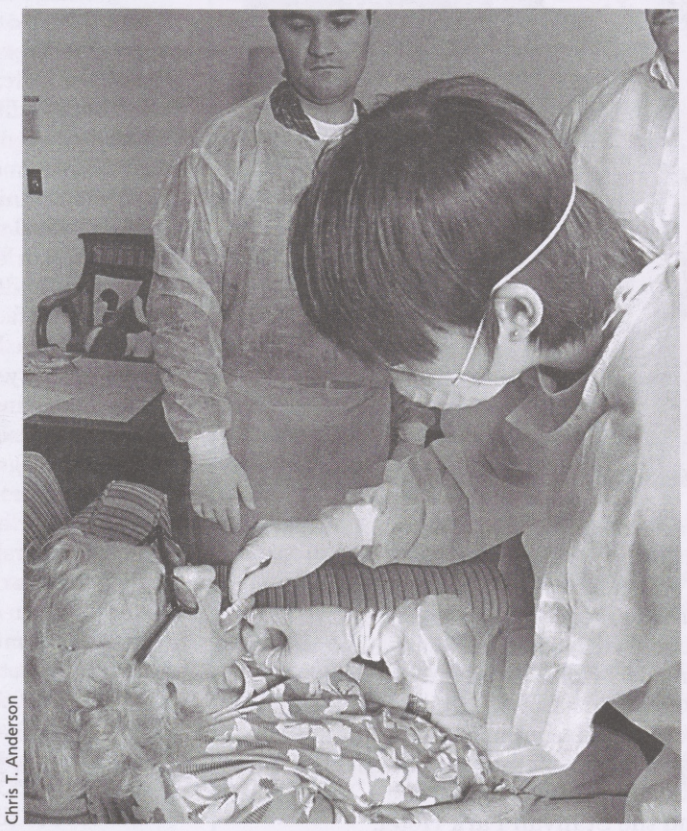
UCSF Newsbreak Medsounds

Weekly News for the UCSF Community VOL. 12, NO. 20 AUGUST 19, 1997

Dental residents make a house call



Chris T. Anderson

Dental resident Patty Huang fits Olga Amentrout with her new dentures during a recent home care visit. Amentrout, whose health makes office visits for denture fitting impossible, has been seen by resident James Urick and others over a three month period.

Huge turnout of Asians to help postdoc

By BRAD FOSS

The plight of Alan Kuo, the 32-year-old UCSF postdoctoral student who desperately needs a bone marrow transplant to survive leukemia, prompted hundreds of people to register their blood type with the National Marrow Donor Program last Tuesday.

Kuo

Though laboratory results will not be complete for two weeks, when Kuo will learn whether any one of the 321 volunteers matched his tissue, the marrow drive was seen as a huge success.

"We've had an absolutely stellar turnout," said Jane Koehler, an assistant professor of medicine who has worked with Kuo in investigating infectious disease. "He's really delighted that so many people came out."

Because Kuo's unique tissue type is found only among Asian and Pacific Islander populations, the marrow drive, which was co-sponsored by the Heart of America Bone Marrow Donor Registry and the Asian American Donor Program (AADP), was heavily promoted in San Francisco's Richmond, Sunset and Chinatown neighborhoods.

Indeed, the AADP is working to reverse some troubling statistics for all Asian-Americans who need marrow transplants. Out of the nearly 2.8 million donors registered through the National Marrow Donor Program, only 154,000, or 5.5 percent, are Asian-American.

Kuo has searched registries in Taiwan, Hong Kong, Japan, Singapore, Korea and Malaysia to no avail. Though he is currently receiving chemotherapy, Kuo's only chance for long-term survival is finding a donor whose tissues match Kuo's, according to his physician, Hope Rugo, an assistant clinical professor of medicine at UCSF.

Organizers said three times as many people showed up than they had expected based upon attendance figures from previous marrow drives.

"We've been seeing about a donor per

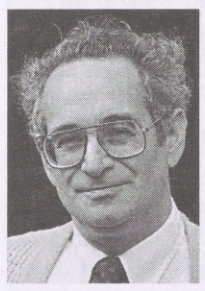
(See **Kuo** on page 2)

Small drop in smoking rate would show rapid economic and health benefits

By REBECCA HIGBEE

Even a small decrease in the national adult smoking rate — as little as one percent — would significantly reduce the number of heart attacks and strokes that are a financial burden to the health care system, according to UCSF researchers.

An aggressive seven-year stop-smoking program that reduced the smoking prevalence rate by only one percent each year would result in 63,840 fewer hospitalizations for heart attack and 34,261 fewer hospitalizations for stroke, saving $3.2 billion in direct medical costs alone, the UCSF study shows.



Glantz

"In addition, such a program would prevent 13,100 deaths from heart attack that occur before people reach the hospital," says senior author Stanton A. Glantz, UCSF professor of medicine. Glantz and co-author James M. Lightwood are researchers at the UCSF Institute for Health Policy Studies. The study, supported by a grant from the National Cancer Institute, is published in the current issue of the American Heart Association journal *Circulation.*

In California, an estimated 12,000 heart attacks and strokes have been avoided with an associated savings of $390 million in direct medical costs during the first seven years of Proposition 99, the state's tax-funded antismoking initiative, according to the study. The state spent $411 million on antismoking and community-based programs during the first seven years of the program, which resulted in a drop in the state's smoking prevalence rate of about one percent each year.

"The lesson from California is that monetary savings from preventing heart attacks and strokes in the short-term alone have basically paid for the entire antismoking program," Glantz says, "And that's not counting the fact that in the process, you're preventing other diseases and improving the health of the population."

Even a one-time, one percent reduction in smoking prevalence brings substantial savings, with 924 heart attacks and 538 strokes avoided in the first year, saving $44 million in direct medical costs, according to the study.

"When most people think of smoking, they think of cancer, but heart disease is the main killer," Glantz says, adding that heart disease and stroke risks associated with smoking resolve relatively quickly compared with cancer.

"Because the economic benefits from smoking cessation in reducing both heart disease and stroke come so quickly, programs designed to help people stop smoking will pay for themselves through the immediate health benefits and economic savings," he says.

Unlike earlier studies that focused on long-term, global costs of tobacco use, including lost productivity, illness and death, the new UCSF study looked at only short-term, direct medical costs of caring for smokers with heart disease and stroke.

"Many insurance companies and government health programs do not pay for smoking cessation programs, and our study shows that it would be in their best financial interest to invest resources in creating new nonsmokers," Glantz says.

Savings are evident on the individual level as well, according to researchers, where even one new adult nonsmoker would reduce anticipated medical costs associated with heart attack and stroke by $47 in the first year and by $853 in the next seven years.

"If you're an HMO or government insurer that is dealing with large numbers of people, the numbers add up and become quite big, quite fast," Glantz says.

To calculate how the entire nation would benefit economically if the pace of smoking cessation nationally matched that seen in California, the researchers developed a mathematical model that incorporated published health care costs of treating heart disease and stroke and epidemiological studies that tracked the reduction of risk over time of heart disease and stroke due to smoking cessation.

"Although primary prevention of smoking among teenagers is important, our study shows that reducing adult smoking pays more immediate dividends, both in terms of health improvements and cost savings," Glantz says.

Stub out that stogie, dentist says

They're a way cool symbol of life in the '90s. Demi Moore does it. So does Arnold Schwarzenegger. Even President Clinton clamps down on a stogie on occasion.

What seems to be obscured in the clouds of smoke in trendy cigar bars and upscale smoke shops that feature walk-in humidors are the health risks associated with this tobacco product.

UCSF oral cancer specialist Sol Silverman Jr., professor in the School of Dentistry's department of stomatology, says that although they're fashionable, cigars are unquestionably associated with serious health risks.

Studies performed both in the laboratory and in patients show a strong relationship between smoking and an increased risk of oral cancer, a risk that seems to be compounded by alcohol use.

According to the American Cancer Society, cigar smokers have four to 10 times the risk of dying from oral, laryngeal and esophageal cancer as nonsmokers and they are three times as likely as nonsmokers to get lung cancer.

And yet, cigar sales are soaring.

Nearly 4.5 billion cigars were consumed in 1996, with sales surpassing $1 billion for a second consecutive year. Equally troubling are increases in the use of cigars by women and teens. One-third of 14 to19 year-olds admit to having smoked a cigar within the past year, according to the CDC.

Congress did not explicitly include cigars in the 1984 law requiring health warnings on cigarettes, so cigar packages bear no warning from the Surgeon General. But Silverman says there is a movement afoot to change that.

To make matters worse, second-hand smoke from a cigar can be just as lethal as cigarette smoke. Attempting to breathe in one of the increasingly popular cigar bars can be an overwhelming experience.

"If you look at the various chemicals in cigar smoke, including tar, nicotine and carcinogens, you find they are more concentrated and more numerous in cigars. One cigar could equal 10 cigarettes in terms of your exposure to these toxins," Silverman says. "Unquestionably, more studies are needed to establish precise risk."

(See **Cigars** on page 4)

UCSF Stanford addresses quality control, payroll

In an effort to ensure that UCSF Stanford Health Care will continue offering high-caliber care to its patients, Chief Medical Officer Bruce Wintroub last week announced the appointment of registered nurse Cindy Day in charge of clinical quality control.

Day will serve in the newly created position, administrative director of clinical quality and patient management, and will coordinate quality assurance, case management, credentialing, utilization review, social services and risk management programs between the two campuses.

Currently director of Clinical Quality Support Services at Stanford Health Systems, Day has served at Stanford in several positions of increasing responsibility since 1984. In 1991, she was responsible for developing and implementing SHS's case management program.

In her UCSF Stanford Health Care role, Day will report to Wintroub and will also be accountable to the three heads of operations, in addition to collaborating with the physician services-related positions in the CMO organization currently under design.

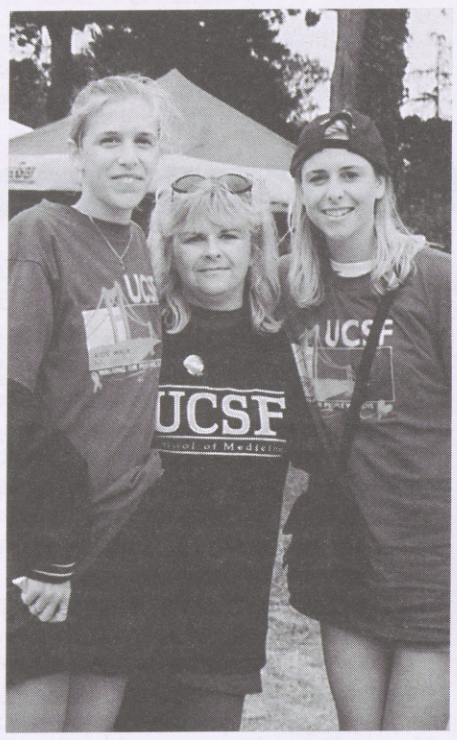
"Clearly, what's exciting about this merger to clinicians and patients alike is the quality of care that is possible when you bring two top-ranked academic medical centers together," Day says. "I see my job as helping to make sure we have all the tools necessary to deliver on that promise."

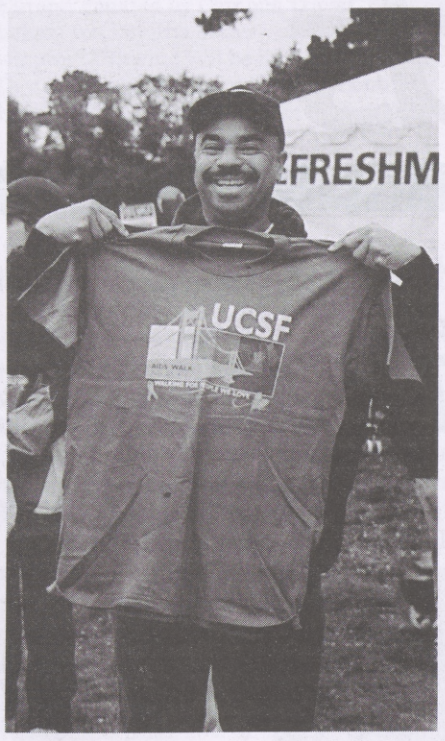
Meanwhile, Kathy Balestreri, transition team member, is working with representatives from UCSF, UCSF/Mount Zion, SHS and LPCH to evaluate current administrative policies and procedures at each medical center to determine which can be adopted for use across the new enterprise, and which must remain site-specific.

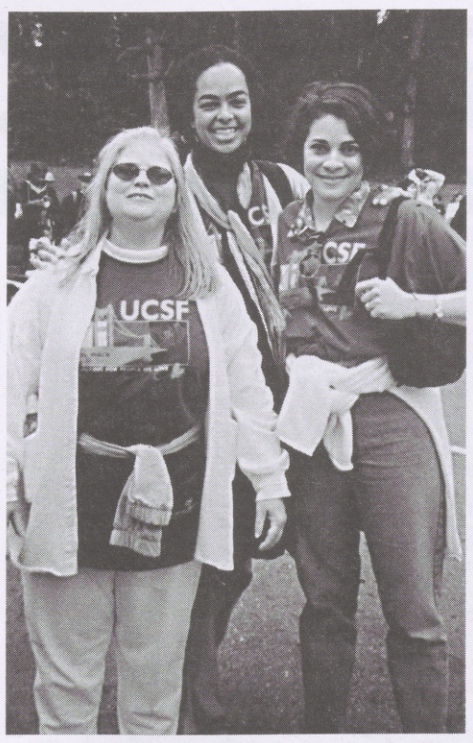
"There are hundreds of policies and procedures at each site," Balestreri says. "The task is to find similarities or opportunities for consolidation, while at the same time remaining sensitive to the

(See **Merger** on page 4)

UCSF team raises more than $40,000 in AIDS Walk '97







More than 500 walkers joined the UCSF team of faculty, staff and students who raised more than $40,000 in the fight against HIV during the annual 10K AIDS Walk through Golden Gate Park on July 20.

The total amount raised from the UC team, which included participants from UC Berkeley, the UC Office of the President and the Gladstone Institutes at SFGH, was more than $60,000, says event coordinator Martha Geraty of UCSF Public Service Programs.

UC was ranked in the top five of all San Francisco teams and raised the most money of all the educational and non-profit organizations that participated, she says.

Geraty says special recognition is due to the numerous businesses which helped sponsor the event by donating food for breakfast and lunch served to walkers and prizes for UCSF's raffle drawing.

Winners of prizes awarded to top fundraisers are Joseph McEneany, School of Nursing; Jack Webster, ITS; Angela Friday, department of radiology; and James Lowry, auditing. Winners won free accommodations donated by Mark Hopkins Intercontinental Hotel, The Donatello Hotel, The Clift Hotel and the Stanyan Park Hotel.

Bredt wins Culpeper scholarship

David Bredt, professor of physiology, School of Medicine, received the 1997 Charles E. Culpeper Foundation Scholarship in Medical Science.

This award carries a grant of $100,000 a year for up to three years beginning July 1. The scholarships are designed to support the career development of young academic physicians of high achievement.

Bredt and two other investigators were selected for the scholarship awards from a competitive field of applicants nominated by their respective medical schools.

As a Charles E. Culpeper Medical Scholar, Bredt will study the mechanisms that facilitate nitric oxide signaling in the brain and minimize neurotoxicity. His work is relevant to understanding mechanisms for learning and memory and also to preventing neurodegenerative processes, including stroke.

The Charles E. Culpeper Foundation Scholarships in Medical Science program was established in 1987 as an extension of the foundation's ongoing commitment to medical science, which has totaled more than $35 million since 1970. Since the scholarship program began, 29 investigators representing medical schools from all parts of the US have received medical science scholarship awards from the foundation.

The Charles E. Culpeper Foundation is a private, non-profit charitable foundation that was established under the will of the late Charles E. Culpeper, an early pioneer in the bottling and marketing of Coca-Cola. In recent years, the foundation has donated more than $7 million a year to activities in health, education, the arts and culture, and the administration of justice.

Honors & Awards

Susan J. Fisher, professor, division of oral biology, department of stomatology: Named as a member of the Reproductive Biology Study Section, Division of Research Grants, National Institutes of Health. The appointment is effective July 1, 1997 through June 30, 2001.

Patricia Katz, assistant professor, division of rheumatology: Received the 1997 Association of Rheumatology Health Professions Distinguished Scholar Award, the highest honor the ARHP gives to its members. Her work on the psychological impact of chronic rheumatologic disease will receive special recognition at the ARHP's national scientific meeting in Washington D.C. on Nov. 10.

Kenyon

George L. Kenyon, dean, School of Pharmacy: Appointed editor-in-chief of "Bioorganic Chemsitry," an international journal published bimonthly by Academic Press. The journal publishes manuscripts relating to biology and organic chemistry.

Harold S. Luft, professor, Institute for Health Policy Studies (IHPS) and **Dorothy P. Rice**, professor emeritus, Institute of Health and Aging (IHA) : Named 1997 Distinguished Fellows by the Association for Health Services Research. The award honors those who, through their research and scholarship, have made unique contributions to the field of health sciences research. The

Luft

Association for Health Services Research also awarded **Andrew Bindman,** assistant professor of medicine of SFGH and epidemiology, IHPS; **Kevin L. Grumbach,** assistant professor, family, community medicine, IHPS; **Helene Levans Lipton,** professor, chinical pharmacy and IHPS; **Paul W. Newacheck**, associate adjunct professor, IHPS and **Robert J. Newcomer,** vice chair, social and behavioral nursing and IHA, as 1997 fellows. This honor recognizes researchers, policy makers and administrators for their contributions to the field of health services research.

Mark Schumacher, assistant professor in residence, department of anesthesia: Named the 1997-98 Radiometer/John W. Severinghaus Fellow in Anesthesia Research at UCSF. In 1996, Radiometer pledged $1.1 million to establish this fellowship to honor the numerous contributions in anesthesia and critical care management made by UCSF faculty John W. Severinghaus and to further research in these areas.

Schumacher received his MD and PhD from UC San Diego, and completed his residency at UCSF in anesthesia in 1993. His area of research is the study of molecular mechanisms of peripheral pain transduction. According to Ronald D. Miller, chair of the department of anesthesia, this area of research is crucial in developing new treatments to better meet the needs of patients with pain syndromes.

James L. Sorensen, adjunct professor of psychiatry: Appointed to the Committee on Community-Based Drug Treatment of the Institute of Medicine, National Academy of Sciences. Sorensen was selected for the committee because of his national expertise in disseminating the results of substance abuse treatment research. The objectives of the committee are to determine the mechanisms for the effective transfer of information from research communities to community-based drug treatment centers. In addition, the committee will explore mechanisms for transfer of information from the treatment community back to the researchers.

The committee will seek input through a variety of mechanisms, such as a review of the relevant literature; site visits to geographically dispersed community treatment programs; commissioned papers; and two workshops. The committee will produce a consensus report with recommendations to the Center for Substance Abuse Treatment and the National Insitute on Drug Abuse.

In Memoriam

Robin Michelson, clinical professor of otolaryngology, who is credited with performing the first successful cochlear implant procedure for deafness, died on June 27. He was 82.

Michelson "was an unusually creative physician," says Roger Boles, professor of otolaryngology at UCSF, who notes that his colleague also helped to pioneer the early technology of the implantable prosthesis.

Michelson earned his MD at Stanford University and completed his residency training in otolaryngology at the US Veterans Affairs Hospital in San Francisco under the direction of the late Walter P. Work. He was in private practice throughout his career and served on the faculties of both Stanford and UCSF schools of medicine.

Michelson was a member of many of the most prestigious national otolaryngological societies and served as president of the Triological Society.

Michelson is survived by his wife, Alberta, and their four children.

Messages of condolence may be sent to: Alberta Michelson, 886 Edgewood Road, Redwood City, CA 04062-1816.

Kuo (from page 1)

minute," said Mai Mai Santa Maria, an outreach coordinator with AADP.

When it became apparent that they would run out of supplies, organizers quickly purchased many more needles and syringes. Some donors waited patiently on line for as long as 45 minutes.

"I've wanted to do this for quite a while," said Betty Wang, a fourth-year dental student at UCSF, who says she received a good deal of email about Kuo from the Taiwanese Student Association.

Samuel Li says he was moved by Kuo's story, and was somewhat surprised to find out that Asian-Americans are underrepresented on the bone marrow registries.

"Before this, I didn't pay much attention to it," he said. "It's good to do this kind of thing."

"This is an opportunity to save a life, and a lot of other people's, too," said Koehler.

If you missed Tuesday's marrow drive, other marrow drives (WWW.NONPROFITADMIN.COM/AADP) are offered regularly in the Bay Area by the AADP. For more information, call 1-800-59-DONOR.

Private Support

UCSF is pleased to acknowledge the following listing of gifts/pledges of $25,000 or more from individuals, corporations and foundations received July 27 - August 2, 1997.

$100,000 - $499,999
Anonymous
Arnold and Mabel Beckman Foundation
The Clausen Family Foundation

$25,000 - $99,999
Amgen Inc.
Augustine Medical Inc.
Bracco Diagnostics Inc.
Jewish Community Federation of San Francisco/Peninsula
Naohiko Nonogaki
Orquest Inc.
The Pew Charitable Trusts
Respironics Inc.
Roche Laboratories Inc.
Mr. and Mrs. Ernest H. Ruehl
United Negro College Fund

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Cultivating a qualified and diverse workforce

By BRAD FOSS

In an effort to provide young women of color with job skills, a UCSF internship program is proving to be a model for success.

Since last July, 10 young mothers have completed five-month long stays at the University through the Community Outreach Internship Program. They have all gained valuable experience and marketable skills, and several have been hired permanently by UCSF, as well as by other employers.

"What we're basically doing is cultivating our own workplace," explains Crystal Morris, manager of UCSF's temporary employment program (TEP), who helps recruit interns through Florence Crittenton Services, a home for unwed mothers located in the Western Addition.

The program is an outgrowth of frustration over the difficulty of placing neighbors of diverse ethnicities into entry-level jobs at UCSF.

The interns, who have high school diplomas and computer skills — but minimal work experience — are paired with UCSF mentors, who design monthly work plans according to a department's needs. Mentors also help interns accrue responsibility and gain interpersonal skills by including them in team-oriented projects when possible.

Chrystal Leach, a 21-year-old mother, fortuitously joined the department of restorative dentistry around the same time that a full-time employee had quit.

"They needed someone, so I just moved right in," says Leach, who is especially grateful that her baby girl now has health benefits.

Ellie Gutman, an administrative analyst in the department of restorative dentistry and Leach's mentor, agrees that Leach arrived at just the right time.

"She came very well prepared and has skills that many other people who've worked for me didn't have – including her great smile," says Gutman. "She's going to go far."

Leach is expected to become a permanent employee next month.

Maricruz Reyes, 25, who interned at the SFGH AIDS Program, also meshed extremely well with the University, providing data management skills that she had learned earlier through a computer course. Reyes was recently hired by the California Child Care Resource Center.

Other young mothers in San Francisco have heard through the grapevine about job opportunities like Leach's and Reyes'.

"We get three to four calls per week for this program," says Kathy Phillips, program director of the young parent center at Florence Crittenton.

"It's spreading by word of mouth. The feeling of accomplishment and independence to know you can support yourself is just so energizing for most of these young mothers," says Phillips.

More than 20 women are now on the program's waiting list. Morris says she is looking for more departments willing to invest time and money to give somebody a chance.

Interns' wages are paid by both their respective department and the program, which has received a $20,000 grant from Levi-Strauss & Co.

TEP assists interns with writing resumes, learning interviewing skills, dealing with co-workers and developing personal money management strategies.

Tenekea Kennedy, who interned at the Institute on Health and Aging, also will continue as a permanent employee at the University.

"The only way this program can get better is if more girls get involved. UC is a really hard place to get work and it's a really great place to be," Kennedy says.

Other recent graduates of the Community Outreach Internship Program and their sponsoring departments are: Bonita Barfield, cardiology; Karla Melara, temporary employment program; and Monica Vasquez, cardiothoracic surgery. Melara, too, has been given a career position at UCSF.

Departments interested in participating in the program should call Morris at 476-2115.

Brad Foss

With her daughter Deja in her arms, Chrystal Leach receives a graduation certificate from the Community Outreach Internship Program while her UCSF mentor Ellie Gutman looks on.

UCSF researchers develop new implant to smooth out life's wrinkles

By MARY JEAN PRAMIK

A dozen men and 23 women, aged 23 to 76 years, say they look better after receiving facial implants that smoothed out their facial scars, skin folds, wrinkles, and lines around the mouth.

Developed by UCSF researchers based on a design they created in the early 1990s, the spongy tube-shaped implant that resembles a short piece of spaghetti is also effective in helping erase other tell-tale signs of aging in reconstructive procedures of the head and neck.

All 35 patients, who received a total of 92 implants ranging from one to five each, said the implants improved their appearance after one month. The UCSF team followed the patients for up to 36 months.

The design provides advantages over other types of implants because the body's own cells and tissue migrate into the central hollow opening, anchoring the implant in place without hindering the ability to surgically remove it if necessary. The UCSF team also developed a device and procedure for surgically inserting the implant that reduces the chance of infection. Findings showed the new implant produced minimal side effects.

Corey Maas, assistant professor and director of the facial plastic surgery program at UCSF, was lead investigator of the clinical study. He presented the results recently at the 11th annual symposium on the Latest Advances in Cosmetic Surgery of the Face sponsored by the Foundation for Facial Plastic Surgery in Newport Beach.

According to Maas, the risk of infection in the study population was very low because of the "closed delivery system" for the implant procedure that was developed by the research team.

"During the surgical procedure, the implant is contained in a cylinder — a delivery device — that the surgeon does not touch. In turn, the implant itself does not touch the skin because the delivery device goes through the skin directly into the soft tissue where the implant is then injected. This design minimizes the chance of the implant itself becoming contaminated," Maas says.

The delivery system also makes it very easy for the surgeon to insert the implant with a high degree of placement accuracy, he says. The implant is expected to last indefinitely with no need for periodic replacement. This compares to other facial cosmetic procedures that require repeated injection of material, such as collagen. All implant surgeries were done as outpatient procedures needing only local anesthesia.

The implant tube measures about one-tenth of an inch across and about 2.8 inches in length. In this study, the implant was inserted in the soft tissue beneath the skin. The implant created extra volume that "plumped up" the skin from the underside, smoothing out facial wrinkles and lines so they were less severe, Maas explains.

Study follow-up found that nearly all patients described the implant as feeling "natural or very natural." One patient judged an implant to be "unacceptable" and it was moved to a deeper plane in the tissue with satisfactory results.

The tubular implant is made of a reconstructive surgery material called "expanded polytetrafluroethylene," or e-PTFE, which has been used for over 20 years, with particular success in improving the outcomes of soft tissue procedures such as hernia and abdominal wall repair, Maas says. He and colleagues had previously used e-PTFE to repair nasal deformities, finding it worked especially well in depressed or "saddle" noses.

Development of the e-PTFE implant evolved from the clinical research interests of Maas and Robert A. Schindler, chair of the UCSF department of otolaryngology. Both were searching at the same time for a biologically safe implant that would stabilize in tissue.

The University of California holds the patent for the e-PTFE implant tubular design and the surgical insertion device, which are manufactured by Tissue Technologies of San Francisco and will be marketed by Collagen Corporation of Palo Alto. The e-PTFE implant has received FDA approval through an application for human use filed by Tissue Technologies.

In addition to Maas, co-authors of the clinical study reported at the foundation's symposium are Roy Grekin, UCSF clinical professor of dermatology, Jeffrey Spiegel, UCSF resident in facial plastic surgery, and Joan Spiegel, UCSF resident in general internal medicine.

Five finalists to share vision of Mission Bay

Five prominent architectural and planning firms selected in the international competition to design UCSF's second major site at Mission Bay visited the 43-acre undeveloped property last week.

The vacant site, situated north of 16th Street between Third and Owens streets, will be devoted primarily to biomedical research laboratories, the most critical space need of the University.

The new site will ease crowding on Parnassus, while allowing for expansion and consolidation of scientific research in a setting that fosters interdisciplinary collaboration. No clinical facilities are planned for the new site.

"Our hope is that the selected plan not only will meet our growth requirements, but provide interactive spaces where people can meet and exchange information and offer opportunities for program expansion and linkage," says Bruce Spaulding, vice chancellor of University Advancement and Planning at UCSF.

In October, each of the five firms will present a plan describing their vision of how the new site should be developed. A public exhibit and series of community workshops will be held in October to provide opportunities for comments regarding the five competing plans. Final selection of the winner is scheduled for early November.

The winner will be commissioned to prepare the detailed master plan to guide the phased-in development of the site. This process is a departure from past experience when funding for construction has come to UCSF on a building-by-building basis, creating a piecemeal approach to campus design.

The competition was developed by the Bay Area Life Sciences Alliance, or BALSA, a privately funded non-profit corporation dedicated to promoting life sciences in the Bay Area.

The competition's five finalists are: Machado and Silvetti Associates Inc., in association with Olin Partnership, Gordon H. Chong & Partners and Research Facilities Design; Shin Takamatsu Architect & Associates, in association with Sasaki Associates Inc., McLellan & Copenhagen Inc., and Ove Arup & Partners; Solomon Architecture and Urban Design, in association with Michael Dennis & Associates, Strategic Science & Technology Planners; Steven Holl Architects, in association with Hargreaves Associates, Tanner Leddy Maytun Stacy Architects, and Ove Arup & Partners; and STUDIOS Architecture, in association with SWA Group, Michael Willis & Associates, Jerry Goldbery, AICP, Earl Walls Associates, and Ove Arup & Partners.

"The five finalists are recognized internationally for excellence in planning and design, and experience in working to develop community-based designs," said Clifford Graves, president of BALSA. "We're looking forward to seeing their proposals and three-dimensional design models."

The land was donated by the Catellus Development Corp. and the City and County of San Francisco.

Chris T. Anderson

Kevin Beauchamp of UCSF's Planning Department hands architects and community representatives a map of UCSF's Mission Bay site.

Aug. 19–25, 1997

19 Tuesday

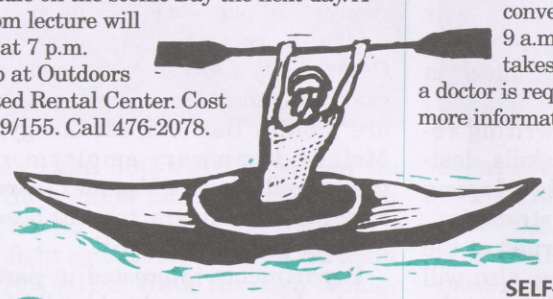
NEW EMPLOYEE ORIENTATION: 8:30-10:30 a.m., S 214. Call Leonard Florendo at 476-1073 to schedule.

WRITING FOR THE WORLD WIDE WEB: The UCSF Library will be offering this class, 9 a.m.-12 p.m., S 165A. Call 476-2337.

ENJOY GOOD HEALTH: Maye Musk, registered dietician and author, presents *Feel Fantastic.* Learn how to enjoy food and exercise to maintain good health with renewed confidence and vitality, 12-1 p.m., UCSF/Mount Zion, Herbst Hall. Call 476-4394.

MEDITATION CLASS: Conducted by Brahma Kumaris Meditation Center and sponsored by the Institute of Healing Arts and Sciences, 12-1 p.m., N 617. Free. Call 563-4459 to register.

INTRODUCTION TO SEA KAYAKING: Learn how to sea kayak and discover the wonders it offers. Learn the basic skills, camp overnight and paddle on the scenic Bay the next day. A classroom lecture will be held at 7 p.m. Sign-Up at Outdoors Unlimited Rental Center. Cost $108/139/155. Call 476-2078.



20 Wednesday

NEWSBREAK/MEDSOUNDS DEADLINE FOR NEXT ISSUE

BLOOD DRIVE: UCSF/Mount Zion Medical Center Blood Drive, 10 a.m-5 p.m., 1600 Divisadero, Hellman Conference Center. Call 476-6989.

T'AI CHI CH'UAN — YANG STYLE. This introductory class will increase your strength, flexibility and balance, while helping you achieve an inner state of attentiveness and relaxation, 11 a.m-noon, MU Fitness Center. Call 476-1115.

BROWN BAG LECTURE: Morton Lieberman, UCSF professor of psychiatry and author of "Doors Close, Doors Open," presents *Beyond Grief: Surviving a Loss.* He will explain the myths and realities about the loss of a loved one and how grief and coping can contribute to the potential for growth and change, 12:10 p.m., N 225. Sponsored by Public Service Programs. Call 476-4394.

21 Thursday

COPING WITH INFORMATION OVERLOAD: The UCSF Library will offer this class on coping with information overload, 10 a.m.-12 p.m., S 165A. Call 476-2337.

BROWN BAG LECTURE: Cecily Cosby, nurse practitioner, UCSF Traveler's Clinic, presents Healthy International Travel. Learn guidelines for avoiding illness while traveling abroad, 12 p.m., MCB, Room 126. Sponsored by Public Service Programs. Call 476-4394.

THE WORLD WIDE WEB: The UCSF Library will be offering this class on the WWW, 1-3 p.m., 222 Library, PC classroom. Call 476-2337.

22 Friday

UCSF MOBILE MAMMOGRAPHY VAN: Lakeside Senior Center, 2501 Ocean Ave. This van offers convenient breast cancer screenings, 9 a.m.-3 p.m. The exam costs $75 and takes about 20 minutes. Approval from a doctor is required. For an appointment and more information, call 476-2193.

23 Saturday

SELF-DEFENSE FOR WOMEN: Learn street-wise personal safety, defense and escape methods, including basic blocking, releases from common grabs, ground fighting and how to immobilize an attacker of any size, 10:30 a.m.-5:30 p.m., MU Fitness Center. Cost is $40 for UCSF affiliates and $65 for the general public.

25 Monday

T'AI CHI CH'UAN — YANG STYLE. See Aug. 20 listing.

BETTER VISION NOW: John Stanley, professor of ophthalmology, presents new surgery options for the correction of nearsightedness and astigmatism, 6 p.m., Beckman Vision Center, 8 Kirkham Ave. Call 476-5021.

DROP-IN SPORTS: Women can drop in to play basketball, 6-7 p.m., MU Gym. Call 476-0356.

Merger (from page 1)

unique situations and needs at each of the hospitals." For example, non-smoking, employee identification, and travel and reimbursement policies could become uniform across campuses, but because each medical center will remain separately licensed, many of our patient care policies should remain site-specific."

In other merger-related news, the payroll team is currently working out the final details of a new organization-wide payroll system to handle the more than 11,000 checks that will be cut for new UCSF Stanford Health Care employees in early November.

"Every effort is being made to ensure a smooth transition from the old systems to the new," says Lee Marley, payroll manager. "We are bringing together three very large and complex systems and are working to provide seamless service for employees with diverse deduction plans."

The new system will accommodate the various types of deductions currently being made from employees' checks such as insurance premiums, credit union account contributions, parking, etc. New checks will indicate Paid Time Off (PTO) accruals and balances, replacing sick leave and vacation balance information for UCSF employees.

As part of a plan to orient employees to the new format of their payroll checks, the payroll group is creating a mock-up of a sample check that will be distributed to employees in late October. The mock-up will help explain to employees how to locate information on their check stubs about their retirement contributions, taxes, PTO balances, etc. "While we know the new system and check formatting will take a little getting used to, our goal is to make the system as flexible and easy to use and understand as possible," Marley says.

Cigars (from page 1)

Silverman's specialty is treating oral cancer — growths on the lips and surfaces inside the mouth cavity. According to Silverman 31,000 new cases of oral cancer are diagnosed in the US each year and that figure climbs to 50,000 if cancers of the salivary glands, larynx and pharynx are included. Only about 50 percent of people diagnosed with oral cancer survive, says Silverman, and complications of treatment are severe, including impairment of speech, swallowing, eating and appearance.

Particularly troubling, says Silverman, are increasing reports of oral cancer in young people. The typical age for diagnosis of oral cancer has been the sixth decade of life, but now specialists in oral cancer report increasing instances of the disease in younger patients, even as young as 30. What link if any this has to tobacco smoking is not clear, says Silverman. In the meantime, it's in your best interests to stub out that stogie, he says.

—By Leslie Lingaas

UPCOMING EVENTS

Baby Fair on Sept. 13

UCSF Women's Health is sponsoring a "baby fair" from 9 a.m. to 3 p.m. on Saturday, Sept. 13, in Saunders Court.

The fun-filled fair will include maternity fashion shows, yoga and massage, health information booths and tours of the UCSF Birth Center. Four seminars will provide updates on how to make informed decisions regarding child care services and how birth order, timing, and space intervals between children affect family dynamics. The UCSF Baby Fair is co-sponsored by San Francisco Peninsula Parent. For more information, call 476-0668.

Time to sign up for UCSF's "Week of Caring"

UCSF employees and students will have an opportunity to work together volunteering their time and energy in the community when the "Week of Caring" begins Monday, Sept. 15. The deadline to register is Friday, Aug. 29.

Last year more than 500 UCSF employees and students participated in the effort at numerous Bay Area locations.

UCSF employees should have received through campus mail last week a program guide listing the activities in which they can participate.

Many of the projects were created for UCSF volunteers in conjunction with United Way and the San Francisco, Marin and San Mateo volunteer centers. Times and locations will be confirmed in the coming weeks. For more information, call the Public Affairs Department at 476-0729.

Here's a partial listing of some activities you can get your hands on:

- AIDS Memorial Grove: Gardening
- Salvation Army: Serve meals at senior picnic
- San Francisco Food Bank: Sort, package food.

Passport fashion show

Macy's Passport '97 "Fusion," presented by American Express, is slated for Thursday and Friday, Sept. 18 and 19. The annual fashion extravaganza raises funds for AIDS research and patient services.

For tickets, call Macy's Union Square Box Office or Admissions Network USA at 1-800-678-5440. For more information, call the hotline at 393-3050 or 1-800-678-5440 or visit the website at www.passport97.macys.com.

UC Regents meets

The meeting of the UC Regents' Committee on Health Services, postponed from July, will be held Wednesday, Sept. 17, at Laurel Heights.

Forum on anesthesia

The UCSF School of Medicine, department of anesthesia, sponsors this annual seminar as part of continuing education on Thursday through Sunday, Sept. 25 to 28 at San Francisco's Grand Hyatt. On Friday, anesthesiologists Neal Cohen and Jeanine Weiner-Kronish will debate whether the role of the anesthesiologist in perioperative medicine should be expanded.

Other topics to be covered during the conference include new drugs in anesthesia, new treatment strategies in the neurosurgical patient, current therapy for stroke, care of the trauma patient, transfusion therapy and pain management. Registration will be held from 4 to 7 p.m. on Thursday. To register for the course or for a brochure, call the UCSF Office of Continuing Medical Education at 476-5808.

Help form AIDS ribbon at Giants game

One of the highlights of the annual San Francisco Giants baseball game to raise funds for AIDS programs and services is getting a mass of humanity together on the field to create a giant AIDS ribbon before game time.

It takes hundreds of volunteers to make this display possible, says Kristen Bergeron of the UCSF Development Office. "We hope to have many UCSF representatives on the field!"

UCSF faculty, staff, family and friends are invited to join the effort for this year's "Until There's A Cure Day" slated for Sunday, Aug. 31 at 3Com Park. UCSF's AIDS Program at SFGH has been selected by the Giants as the sole beneficiary of this event.

"Not only are you part of a very moving ceremony, but you get to stand on the same field where Willie Mays played! It's an awesome experience," says Deb Gumbley of the AIDS Program, who has participated in the ribbon-making ritual for the past 3 years.

Volunteers will receive specific instructions at the ballpark, but in summary those who want to form the "human ribbon" will be asked to:

- Meet at the Ballpark's F Plaza promptly at 9 a.m. on Aug. 31;
- rehearse the ribbon formation with hundreds of other volunteers from 9 to 10:45 a.m.;
- enjoy a break, then return to line up for the ribbon display at noon. The volunteer assignment will be completed by 1:30 p.m.

Recommended attire is a red shirt, red cap and blue jeans. Volunteers arriving by car will need to pay $6 for parking; and those who wish to see the game must purchase a ticket. It is not required that volunteers stay for the game, but as encouragement please remember that $1 from each ticket sold will go to the AIDS Program at SFGH.

To sign up as a ribbon volunteer, email your name and phone number to: Kristen Bergeron of the Development Office at: kbergeron@dismail.ucsf.edu by Monday, Aug. 25. If you have questions, please call Kristen at 476-3322.

Regents revise 403(b) Plan Loan Program

The Regents have approved the following policy and procedural changes to the Tax-Deferred 403(b) Plan Loan Program.

- A $50 processing fee (formerly the $35 application fee) will be deducted directly from the borrower's loan proceeds when the loan is funded. Separate checks for the processing fee will not be accepted.
- Loans will be granted in $50 increments. (Formerly only $100 increments were allowed.)
- The loan servicing fee will increase from 0.35 percent to 0.60 percent for short-term loans, and from 0.25 percent to 0.50 percent for long-term loans. This minor fee increase should enable the Benefits Administrative Loan Office to operate self-sufficiently (without any other subsidy from the University of California Retirement System) within three years, with negligible impact on borrowers.

These changes are effective with loan applications received by the Benefits Administrative Loan Office on or after Sept. 1. All active UC employees with at least $1,000 in the Tax-Deferred 403(b) Plan are eligible to borrow their money in the plan, without any income tax liability. You can find more information about the Loan Program, as well as the loan application form, in the Tax-Deferred 403 (b) Plan Loan Program Application Kit, available from the campus benefits office.